

ARI Equine Rehabilitation Certification Programs



Animal Rehab Institute has created two Equine Rehabilitation program tracks. The CERT program was developed for Veterinarians, Chiropractors and Physical Therapists. The CERA program was developed for Physical Therapists Assistants and Veterinary Assistants.

CERT- Certified Equine Rehabilitation Therapist Program

Offered to Veterinarians, Chiropractors and Physical Therapists or an actively enrolled student in one of these fields. Other Allied Health Professionals will be considered on a case by case basis. Call ARI for more information.

In addition, 24 Continuing Education credits, earned over a five year period, are required to keep CERA and CERT certifications active.

CERT requires successful completion of the following:

1. [CERA01 Introduction to Equine Rehabilitation](#) (5 - 10 day course depending on the student's skill set).

Note: Veterinarians and chiropractors may opt to begin classes on day 5 if ARI determines their anatomy skills are sufficient to skip the basic anatomy portion of the class.

Physical Therapists have the option to exit the course after Day 7 if they are competent using electro-modalities and can demonstrate appropriate use of these modalities on the horse.

2. [CERA02 Equine Athletics Module](#) (4 day course with a written take home exam)
3. [CETA01 Functional Assessment](#) (5 day course with written case study)

CERA - Certified Equine Rehabilitation Assistant

Offered to Veterinary Technicians and Physical Therapist Assistants or an actively enrolled student in one of these areas.

Requires successful completion of the following:

1. [CERA01 Introduction to Equine Rehabilitation](#) (10 day course).
2. [CERA02 Equine Athletics Module](#) (4 day course with a written take home exam)

Summary: All students taking either Certification Program attend the [CERA01 Introduction to Equine Rehabilitation](#) and [CERA02 Equine Athletics Modules](#) together. Veterinarians,

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Chiropractors and Physical Therapists attend an additional class, [CERT01 Functional Assessment Module](#).

EXAMINATIONS

Each course in the program has a written take-home exam. We believe that life is an open book exam, and that knowing where to look for the information is more practical than memorizing the information. We encourage networking with other students and using the exam process as a way to begin the collegial relationship between professions.

CASE REPORT

Students are required to submit one case report within six months of completing their classroom work. A detailed format and example will be provided to each student. We encourage students to submit cases that are not complex but are examples of commonly occurring sports injuries. Again, collaboration and networking are encouraged.

INTERNSHIPS

We offer optional internships of 3 days to several weeks call or email for availability

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CERA01 Introduction to Equine Rehabilitation Therapy



[Arlene White, PT M. Anim. St. \(Physiotherapy\), Instructor](#)

(Sections A&B-Days 1 thru 10; Section B only Days 5-10)

Offered to: Physical Therapists, Physical Therapist Assistants, Veterinarians, Chiropractors and Veterinary Technicians and Students in these fields for ARI Certification. Other allied health professional will be considered for certification on a case by case basis. Call ARI for more information. This course is also open to enrollment for members of the equine community who are not seeking Certification.

Courses are taught at The Animal Rehabilitation Institute, a beautifully landscaped 10-acre facility located in Palm Beach County Florida.

Course Description -- The purpose of this course is to provide participants with a fundamental understanding of the anatomy, physiology, and biomechanics of the horse as they compare to those of the human patient. Students will be introduced to the core concepts of physiotherapy including integrative therapies, and modalities used in equine rehabilitation. Skills learned in this course will allow graduates to bring benefit to horses, their owners and their veterinarians.

CERT Certification students: This introductory seminar will enable Veterinarians, Chiropractors and Physical Therapist students to continue their certification track and enroll in the next two advanced modules: [CERA02 Equine Athletics Module](#) and [CERT01 Functional Assessment Module](#).

CERA Certification students: This introductory seminar will enable Veterinary Technicians and Physical Therapist Assistants students to

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complete their certification track and enroll in the next module:

[CERA02 Equine Athletics Module](#)

Course fees:

Veterinarians, Chiropractors and Physical Therapists:

For Certification students: This Course fee is included in CERT Program cost.

A 6 day rate is included for students enrolled in CERA01B seminar.

Veterinary Technicians and Physical Therapists Assistants:

For Certification students: This course fee is included in the CERA program cost.

Full 10 day Seminar cost will be due for students enrolled in CERA01A&B seminar.

Open Enrollment students:

Full 10 day Seminar fee is due.

Attendance Details:

This is a 10 day seminar where the first 4 days focus on equine musculoskeletal anatomy, basic physiology, basic gait assessment and lameness examination and basic neurology. Veterinarians may opt to skip the first four days if ARI agrees that their equine anatomy skills are sufficient and they will join the seminar on Day 5 where there is a review of musculoskeleton palpation and begin the rehabilitation techniques portion of the course. Physical Therapists have the option to exit after Day 7 if they are competent using electro-modalities and can demonstrate appropriate use on the horse. Physical Therapist Assistants and Veterinary Technicians must take all 10 days of class.

Learning Objectives

1. Describe basic anatomical similarities and differences between humans and equines.
2. Identify relevant musculoskeletal structures: bones, muscles, ligaments, tendons, cartilages.
3. Build the relevant muscles and tendons of the horse on an equine skeletal model using clay.
4. Demonstrate origin, insertion, and action of muscles and tendons..
5. Demonstrate the ability to palpate the relevant structures on live subjects.
6. Describe the biomechanics of joint motion, muscle action, and common injuries in the equine.
7. Discuss structural and functional relationships.
8. Assess gait abnormalities.
9. Recognize normal gait variables.
10. Understand the dynamics involved in hydrotherapy.
11. Discuss concepts and theories of integrative therapies including acupuncture, chiropractic, and homeopathy.
12. Understand the effects of modalities used in rehabilitation, including ultrasound, laser, thermal agents, manual techniques, and electro therapy.
13. Discuss the unique features of a rehabilitation business.

Course Outline

Day 1

- Basic equine physiology
 - Basic gait assessment
 - Lameness examination
 - Introduction to neurological conditions and basic neuro-examinations
-

-
- Day 2**
- Equine Anatomy: osseous structures
 - Lab palpation: osseous structures
 - Equine Anatomy: Building clay
-
- Day 3**
- Equine Anatomy: Building clay
 - Lab palpation
-
- Day 4**
- Equine Anatomy: Building clay
 - Lab palpation muscles
 - Basic conformation assessment: (form and function)
 - Basic distal limb angulation assessment
-
- Day 5**
- Review palpation
 - Range of motion assessment and treatment
 - Conditions appropriate for rehabilitation
 - Introduction to rehabilitation: assessment and treatment
-
- Day 6**
- Introduction to rehabilitation assessment and treatment: continued half day (response to injury and healing)
 - Using high-speed video as an assessment tool in rehabilitation
 - Regulations surrounding the practice of animal rehabilitation
-
- Day 7**
- Introduction to rehabilitation assessment and treatment: continued
 - Introduction to manual techniques: Massage, MFR, Cranialsacral, and Stretching
 - Manual Therapy (mobilization vs. manipulation)
 - Therapeutic exercise: Dynamic Stability Exercise
-
- Day 8**
- Therapeutic exercise continued: Core activation, Proprioceptive facilitation, Ground poles, Rehab riding, Aquatic exercise
 - Designing rehab program and measuring outcomes
-
- Day 9**
- Modalities: Thermal agents, Laser and LED
-
- Day 10**
- Modalities: Therapeutic ultrasound, Electrical stimulation (TEN's, NMES, Microcurrent)
 - Pulsed magnetic field therapy

A written take-home, open-book exam will be given to each student at the close of Day 10.



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CERA02 Equine Athletics Module
(4 days)



Courses are taught at The Animal Rehabilitation Institute, a beautifully landscaped 10-acre facility located in Palm Beach County, Florida.

Offered to: Veterinarians, Veterinary Technicians, Chiropractors, Physical Therapists and Physical Therapist Assistants who are participating in the Equine Rehabilitation Certification Program.

Course Description: The purpose of this course is to provide participants with a fundamental understanding of equine sporting events, key concepts regarding the relationships between conformation, locomotion and performance, development of sport specific conditioning programs and detection of lameness, musculoskeletal disorders and neurological disorders. Skills learned in this course will allow graduates to assess performance requirements of equestrian sports, to recognize common injuries, and to develop appropriate conditioning and rehabilitation programs that will benefit equine athletes, their owners and their veterinarians.

Learning Objectives:

1. Understand recent Veterinary treatment options available for orthopedic and musculoskeletal injury.
2. Understand the functions of the spine, front limbs, hind limbs and hooves in relation to equine performance.
3. Recognize and evaluate horses moving at the basic gaits (walk, trot, canter, gallop), recognize common abnormalities and lamenesses of these gaits and understand components of a lameness evaluation.
4. Provide a fundamental review of clinical neuromuscular physiology and anatomy as they pertain to the horse.
5. Recognize commonly seen equine Neurologic and muscular conditions and their veterinary management especially as they relate to rehabilitation.
6. Practice Neurologic examination techniques in a laboratory setting.
7. Become familiar with the terminology, techniques and current research in equine locomotion analysis.
8. Learn how to use a high-speed video camera to record digital video of suitable quality for objective assessment of gait.
9. Understand the principles for evaluating the physical requirements of a sport and developing a sport specific conditioning program for the equine athlete, including cardiovascular fitness, strength training, flexibility training and warm-up and cool-down exercises.
10. Describe the different equestrian sports and have a basic understanding of the physiological and

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locomotor requirements of different sports.

Course Outline:

Day 1: Advanced Equine Lameness Evaluation & Recent Veterinary Treatment Options for Orthopedic Injury's - (Dr. Melissa King, DVM)

- Classroom/Lab 8 AM - 5 PM (1 hr lunch break)
- Review lameness evaluation and grading scale

Day 2: Common Equine Muscle Disorders & Neurological Conditions - (Dr. Anna Firshman, DVM)

- Classroom/Lab 8 AM - 5 PM (1 hr lunch break)
- Basic Neuromuscular Physiology/Anatomy(1 hr)
- Common Equine Neurologic Conditions (1 hr)
- Common Equine Muscle Disorders - Myopathies, EMND, Clostridal Myositis etc (2 hrs)
- Equine Neurologic Examination (1hr)
- Equine Neurologic Examination Practical (3hrs)

Day 3: Conditioning the Equine Athlete

- Classroom/Lab 8 AM - 5 PM (1 hr lunch break)
- Introduction to Equine Locomotion Analysis (Lecture/videos)
- Overview of Equestrian Sports (Lecture/videos)
- Use of video camera (Lecture/Lab)
- Energetics and Cardiovascular Fitness
- Muscle Physiology and Sport Specific Strength Training
- Suppling Exercises
- Thermo regulation

Day 4: Current Research In Equine Rehabilitation

- Classroom/Lab 8 AM - 5 PM (1 hr lunch break)
- Introduction to Equine Locomotion Analysis (Lecture/videos)
- Overview of Equestrian Sports (Lecture/videos)
- Use of video camera (Lecture/Lab)
- Energetics and Cardiovascular Fitness
- Muscle Physiology and Sport Specific Strength Training
- Suppling Exercises
- Thermo regulation



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CETA01 Functional Assessment Module**(5 days)**

Dr. Narelle Stubbs, B.appSc.(PT) M. AnimSt(Phys), PhD - Instructor

Offered to: Physical Therapists, Veterinarians and Chiropractors who have completed the Introduction to Equine Rehabilitation Therapy Course.

Courses are taught at The Animal Rehabilitation Institute, a beautifully landscaped 10-acre facility located in Palm Beach County, Florida.

Course Description: The aim of this module is to provide participants with a fundamental understanding of the practice of equine assessment and rehabilitation. Principles of neuromotor control will be introduced in conjunction with the participant developing the necessary knowledge and skills to perform a functional patient evaluation of the equine orthopedic neurological and myofascial systems. Manual therapy techniques used in equine assessment, treatment and rehabilitation will be introduced, along with therapeutic electro modalities and therapeutic exercise prescription. This course will assist the development of clinical reasoning skills and evidence based practice such that graduates have the necessary skills to aide healing, encourage injury prevention and sports specific performance enhancement to horses, their owners and their veterinarians.

Learning Objectives:

1. Demonstrate the ability to perform a static and dynamic functional assessment of the equine from a biomechanics perspective; conformation, posture and locomotion evaluation.
2. Describe and demonstrate the safe utilization of Transcutaneous Electrical Nerve Stimulation (TENS) and neurotrophic muscle stimulation (Estim) in the assessment and treatment of the equine.
3. Demonstrate the ability to perform a functional assessment of the equine patient:
 - a. Evaluation of spinal and peripheral joint range of motion and functional mobility.
 - b. Intervertebral, segmental and coupled motion passive and active assessment; palpation, joint end feel, quality of motion, accessory glides, and provocation tests.
 - c. Evaluation of the craniocervical region including TMJ and hyoid complexes.
 - d. Myofascial assessment; palpation, irritability, ligament integrity testing, neuromechanical flexibility and sensitivity and stretching of individual myofascial (musculotendinous) groups.
 - e. "Basic" Functional neuromechanical and gross motor assessment of the cervicothoracic, thoracolumbar and pelvic complexes.
 - f. Evaluation of the peripheral circulatory system; detection of inflammation, edema,

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- haematoma's and effusions.
4. Demonstrate clinical reasoning skills, utilizing knowledge of anatomy, biomechanics and pathophysiology
 5. Demonstrate the ability to develop problem solving skills; a hierarchical problem list, functional prognosis, treatment strategies and goal setting.
 6. Describe and demonstrate basic spinal and peripheral joint mobilization techniques, using applied principles and theories from; Physiotherapy (Maitland, Mulligan, McKenzie....) and osteopathic techniques.
 7. Demonstrate myofascial and neuromechanical mobilization and manipulation techniques applied from Physiotherapy and osteopathy principles.
 8. Describe fundamental neurological deficiency evaluation and rehabilitation.
 9. Create a sport specific therapeutic exercise programs for:
 - a. Dynamic strength; coordinated motor function
 - b. Dynamic stability
 - c. Dynamic flexibility; myofascial and joint systems
 - d. Neuromotor control; proprioception and mechanoreceptive activity
 10. Describe and demonstrate comprehensive assessment routines for both the neurological and orthopedic equine patient.
 11. Describe and implement a neurological treatment plan utilizing sensory integration, dural mobilization, proprioceptive functional retraining and other modified and adapted 'human' neurological rehabilitation techniques.
 12. Ability to appropriately identify treatment goals, create a treatment plan and execute various treatment skills for a wide variety of common neuromusculoskeletal problems in the equine patient.
 13. Identify and utilize outcome measures.
 14. Discuss and create a one-year start up business plan including marketing strategies.
 15. Discuss and identify ethical and legal issues as they pertain to the practice of equine rehabilitation.

Course Outline:

Day 1:

- Classroom/Lab 8 am - 5 pm (1 hour lunch break)
- Practice of Animal Physiotherapy
- Introduction to Physiotherapy Assessment and Treatment Techniques
- Critical Thinking Skills Utilizing Knowledge of Anatomy/Physiology
- Gait Assessment, Limb Assessment (Provocation Tests) and Treatment
- Soft Tissue Assessment and Treatment

Day 2:

- Classroom/Lab 8 am - 5 pm (1 hour lunch break)
- Introduction to Cervical-Thoracic-Lumbar and Pelvic Assessment
- Clinical Reasoning
- Ultrasonography
- Equine Back Pain Research
- Stretching and Neuromechanical Sensitivity

Day 3:

- Classroom/Lab 8 am - 5 pm (1 hour lunch break)
- Treatment Techniques Cervicothoracic and Thoracolumbar Dysfunction
- Management of Lumbosacral and Sacroiliac Dysfunction
- Proprioceptive Retraining Techniques

Day 4:

- Classroom/Lab 8 am - 5 pm (1 hour lunch break)

- Neurological Assessment and Treatment Theories and Techniques
- Electrotherapeutic Modality Review and Trials
- Goal Setting and Treatment Planning/Implementation for Specific Conditions
- Case Studies, Brainstorming and Questions
- Practical Exam

Day 5:

- Classroom/Lab 8 am - 3 pm (1 hour lunch break)
- Advanced Modalities Lecture/Lab
- Outcome Measures
- Legal Issues and Ethics of Practice

Discussion: Business Plan/Start Up



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ARI Continuing Education Information



ARI Continuing Education Units Requirements

To maintain the highest standards in Equine Rehabilitation services, starting in 2012, ARI certified professionals (both CERA and CERT graduates) will be required to complete 24 hours of CEUs within a five year period to maintain their certification.

The first course in the CEU series will be CEU001 Anatomy & Biomechanics of the Foot (16 CEUs) offered to ARI graduates in the near future. See the course list for details.

Other Institutional CEU Information

Continuing Education Credits (CEU's) are available for Physical Therapists and Physical Therapist Assistants through the Florida Physical Therapy Association (FPTA) for the Introduction to Equine Rehabilitation Therapy Course 56 CEU's will be earned.

Veterinary CEU's are currently being applied for through the AVMA.

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About The Faculty:

ARLENE WHITE, PT, M. Anim St. (physiotherapy)

Arlene is a 1998 graduate in Physical Therapy from Florida A & M University, and is certified in Equine Sports Massage through the FL College of Natural Health. She established HorsePower Equine Sports Therapeutics in 1998, and opened the Animal Rehab Institute Facility in 2000. In 2007 Arlene received her Masters Degree in Animal Physiotherapy Therapy from Queensland University, Australia her research on kinematics and tactile stimulation of the equine distal limbs is published in several veterinary journals.

DR. NARELLE STUBBS, B.APPSC. (PT) M. Anim St. (physiotherapy), PhD

Dr. Stubbs is the official physiotherapist to the Australian Equestrian Team for both horse & rider since 1996 including two Olympics and World Equestrian Games. She completed her PhD researching equine back pain. She is currently on staff with Dr. Hilary Clayton at the McPhail Equine Performance Center at MSU researching equine physiotherapeutic techniques. She's co-authored Activate Your Horses Core with Dr. Clayton. Lecturer at the 2nd International Symposium on Rehabilitation & Physical Therapy in Veterinary Medicine 2002. Narelle currently teaches seminars around the world in Equine PT.

DR. HILARY CLAYTON, BVMS, PhD, MRCVS

Dr. Clayton is the first incumbent of the Mary Anne McPhail Dressage Chair in Equine Sports Medicine at Michigan State University. Her research is directed towards understanding the mechanics of equine Performance and lameness. She is the author of several books including The Dynamic Horse, Conditioning Sport Horses, Colour Atlas of Large Animal Clinical Anatomy & Equine Locomotion.

DR. ANNA FIRSHMAN, DVM

Dr. Firshman is a board certified internal medicine specialist who is a faculty member of the University of Minnesota College of Veterinary Medicine. Anna graduated as a veterinary surgeon from the University of Liverpool, England in 1999 and completed an internship and large animal internal medicine residency at the university of Minnesota. She then completed a PhD involving the study of muscle disease in horses, with focus on polysaccharide storage myopathy in 2005. She is particularly interested in the use of rehabilitation techniques in the care of horses affected by neurologic and muscular diseases.

DR. MELISSA KING, DVM

Dr. King graduated from Colorado State University in 1997 and completed an internship at Rood and Riddle Equine Hospital in Lexington, KY. For 10 years she owned an ambulatory practice specializing in Equine Lameness which she recently sold to pursue a PhD in equine lameness and rehabilitation. Melissa King, DVM was recently awarded the Storm Cat Career Development Award by the Grayson-Jockey Club Research Foundation. Dr. King will be working on a study of the role of underwater treadmill exercise in diminishing the development of osteoarthritis.



Equine Rehabilitation Certification Program

for

Veterinarians

Veterinary Technicians

Physical Therapists

Physical Therapist Assistants

FPTA Approved
56 CEU's



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Phone _____	Eve Phone _____
Fax _____	Email _____
Credit Card <input type="checkbox"/>  <input type="checkbox"/> 	
Account Number _____	Sig Panel Code _____
Expiration Date _____	
Cardholder Name: _____	
Cardholder Sign: _____	

<input type="checkbox"/> \$1,850.00.....Date: _____	Introduction to Equine Rehabilitation
<input type="checkbox"/> \$1,675.00 Functional Assessment Module.....Date: _____	Equine Rehabilitation Therapist Certification (CERT)
<input type="checkbox"/> \$1,275.00 Equine Athletics Module.....Date: _____	Equine Rehabilitation Assistant Certification (CERA)
<input type="checkbox"/> \$1,175.00 Rehabilitation Techniques Module.....Date: _____	
<input type="checkbox"/> \$1,275.00 Equine Athletics Module.....Date: _____	
<input type="checkbox"/> *Prepay 3 Certification Modules @ save \$ _____	

Introduction to Equine Rehabilitation

\$1,850.00

An intensive 6 day seminar focusing on anatomy and biomechanics of the horse using the Anatomy Lay system of building muscles onto the Equiken™ model. You will learn core concepts of physiology, neurology, gait assessment, massage, and physical therapy. In addition developmental disorders, common injuries and their treatments will be discussed. This introductory seminar will enable Veterinarians and Physical Therapists to enroll in the advanced modules leading to **Certification as an Equine Rehab Therapist (CERT)**. Veterinary Technicians and Physical Therapist Assistants can enroll in separate modules leading to **Certification as an Equine Rehab Assistant (CERA)**.

Day 1 Registration. History of Equine PT, Legal Issues, Marketing your Business. Equine Behavior and Restraint. Anatomy: Equine Skeletal Structure and Function. Anatomy-In-Clay: Muscles of the Neck and Thoracic Limb. Palpation: Skeletal Landmarks, Neck and Thoracic Limb.

Day 2 Biomechanics: Intro and Biomechanics of the Cervical Spine and Thoracic Limb. Anatomy-In-Clay: Muscles of the Back and Pelvis. Palpation: Neck, Thoracic Limb, Biomechanics, Back and Pelvis. Common Injuries: Fractures, Sprains/Strains; Thoracic limb.

Day 3 Common Ortho Disorders: Pelvis and Hip. Anatomy-In-Clay: Muscles of the Pelvic Limb. Palpation: Neck, Thoracic Limb, Back and Pelvic Limb, and Hind Limb. Biomechanics: Pelvic Limb. Common Ortho Conditions: Pelvic Limb.

Day 4 Equine Physiology. Developmental Disorders of the Limbs. Common Neurological Disorders. Palpation: Neck, Limbs, Back and Pelvis. Surgical Interventions/ Pathology. Palpation/ Gait Analysis

Day 5 Business Aspects of Rehab Practice. Hydrotherapy Techniques. Integrative Therapies. Orthopedic/ Neurologic Exams with Case Examples

Features of a Rehabilitation Business Design. Therapeutic Exercises with Lab. Physical Modalities with Lab and Case Examples

A written take-home, open-book exam will be given to each student at the close of Day 6.

See Enclosed Calendar

Equine Rehabilitation Therapist Certification (CERT)

For Veterinarians & Physical Therapists

\$4,800.00

(Includes Introduction to Equine Rehabilitation)

Equine Athletics Module \$1275.00

(4 days with Dr. Hilary Clayton, Dr. Melissa King, Dr. Anna Firshman, & Dr. Narelle Stubbs)

- Advanced Lameness Examination
- Orthopedic Pathology Intervention & Treatment
- Internal Medicine Pathology & Treatment
- Muscle System Pathology & Assessment
- Neurological Assessment & Treatment
- Structure, Function & Kinesiology
- Conditioning of the Elite Equine Athlete
- Strength Training
- Using Video for Gait Assessment
- Current Research

See Enclosed Calendar

Functional Assessment Module \$1,675.00

(5 days with Dr. Narelle Stubbs & Arlene White)

- Functional Evaluation Tools
- Range of Motion Testing
- Spinal Evaluation & Treatment
- Functional Orthopedic PT Evaluation & Treatment
- Functional Neurological PT Evaluation & Treatment
- Therapeutic Exercise & Taping Techniques
- Design & Implementation of Rehab Programs
- Outcomes & Marketing

See Enclosed Calendar

Equine Rehabilitation Assistant Certification (CERA)

for Veterinary Technicians &
Physical Therapist Assistants

\$4,300.00

(Includes Introduction to Equine Rehabilitation)

Rehabilitation Techniques Module \$1,175.00

(4 days with Arlene White)

- Therapeutic Modalities
- Therapeutic Exercise
- Advanced Massage Techniques
- Static & Dynamic Stretching
- Rehabilitation Techniques
- Taping & Proprioceptive Retraining
- Client Communication

See Enclosed Calendar

Equine Athletics Module \$1275.00

(4 days with Dr. Hilary Clayton, Dr. Melissa King, Dr. Anna Firshman, & Dr. Narelle Stubbs)

- Advanced Lameness Examination
- Orthopedic Pathology Intervention & Treatment
- Internal Medicine Pathology & Treatment
- Muscle System Pathology & Assessment
- Neurological Assessment & Treatment
- Structure, Function & Kinesiology
- Conditioning of the Elite Equine Athlete
- Strength Training
- Using Video for Gait Assessment
- Current Research

See Enclosed Calendar



Certification Requirements:

All students MUST complete *Introduction to Equine Rehabilitation* prior to attending modules.

Pre-Pay for entire Certification Program and SAVE \$125.00

Prices subject to change.

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About The Instructor



**STACEY BROWN,
PT CERT, PATH CTRI**

Stacey Brown received her degree in physical therapy from Pacific University and is a native of Portland, Oregon, where she practiced human physical therapy for 30 years and equine rehabilitation for 7 years. She has a strong background in both neurologic and orthopedic treatment, and combines her experience in a unique and effective approach. Stacey now practices in the Wellington, Florida area, and specializes in the assessment and treatment of equestrian athletes. She is an athlete and rider herself, and has a life long interest in nutrition and wellness. Through movement analysis and physical evaluation, Stacey designs individual treatment programs to enhance performance, as well as treat injuries. She is skilled in muscle balancing techniques, myofascial release, soft tissue mobilization, joint mobilization, and uses a cold laser to speed healing and enhance neuro-motor retraining. She is also certified in equine rehabilitation and uses her skills to improve the performance of horse and rider pairs.

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Make checks payable to **ANIMAL REHAB INSTITUTE, INC.**, and mail or fax registration form to: 2457 C Road, Loxahatchee, FL 33470 • fax (561) 792-1441

Functional Assessment of the Equestrian Athlete • Stacey Brown, PT CERT • \$875.00

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**Functional Assessment
of the
Equestrian Athlete
for
Physical Therapists**

FPTA Approved
26 CEU's

2457 C Road
Loxahatchee, FL 33470

(561) 792-1441 Office/Fax

www.AnimalRehabInstitute.com
info@animalrehabinstitute.com

Gain the Specific Skills to Treat this Fun and Challenging Demographic

As the equestrian industry grows in awareness of the relationship between horse and rider biomechanics and its effect on performance, physical therapists have the opportunity to provide a unique perspective and much needed service. Physical Therapy is a field specific to assessment and treatment of injury to promote the highest level of function through movement. Our training in physiology, kinesiology, biomechanics, neurology and physics gives us an advantage in analysis of movement, re-training and conditioning. Currently, we are under represented in the care of the equine athlete. Through specific knowledge of the sport, we can contribute an aspect of treatment and performance enhancement that has been lacking. Equestrian athletes are subject to many overuse syndromes and injuries and physical therapy principles may reduce their incidence. Equestrian sports could well provide the ultimate movement analysis challenge, as we address the continuous interdependence of horse and rider partners as they move as one, without the benefit of shared verbal or written communication.

This is an introductory level course. For more advanced course work, including the opportunity to do clinical internships, please contact Stacey Brown at info@animalrehabinstitute.com.



Course Objectives

- Understand the therapeutic needs of equestrian clients
- Recognize common musculoskeletal dysfunctions and injury patterns encountered in equestrian sports
- Familiarize yourself with equestrian terminology
- Recognize the unique physical demands of equestrian sport
- Learn equestrian specific history taking and physical assessment skills
- Design cross training programs for equestrians
- Understand the function and variations of basic tack and equestrian equipment
- Learn ways to provide compensation for physical limitations
- Become familiar with basic differences in human and equine anatomy, physiology and biomechanics
- Apply movement analysis skills to the mounted rider
- Discover equestrian sport specific treatment and assessment tools/techniques

Functional Assessment of the Equestrian Athlete

\$875.00

Stacey Brown, PT CERT • West Palm Beach, Florida

3-Day introduction to the principles of evaluating rider posture and biomechanics as they relate to equestrian performance. This course is offered to **physical therapists (24 CEUs)** wishing to expand their practice to serve equestrian sport clients. The participant will learn common rider musculoskeletal imbalances, restrictions and asymmetries, and will be introduced to exercise and treatment techniques to address them. General equestrian, and sport specific musculoskeletal demands will be addressed. Spine, as well as upper and lower kinetic chain dysfunctions will be covered. Basic saddle and tack considerations will be discussed as well. Both classroom and hands on practical instruction will allow the therapist experiential learning opportunity.

The Animal Rehabilitation Institute is located on ten beautifully landscaped acres just minutes from Palm Beach, Florida. The facility boasts a 30 seat air conditioned classroom, stabling for 18 performance horses, a regulation dressage arena with mirrors, and comfortable living quarters for up to 10 students. The physical therapy clinic is located within one of the three stables, and is specific to the treatment of equestrian athletes. With bamboo floors and full wall of mirrors it is conducive to body awareness and neuro-motor retraining.

Day One

- Factors unique to treating the equestrian athlete
- Injury prevalence and type
- Biomechanics of the "Horse and Rider System"
- Role of the myofascial system in communication
- Rider posture; postural faults and their origins and impacts
- Posture, conformation and gait of the horse as they impact the rider
- Impact of saddle on horse and rider
- Energy transfer: the role of the spine and core muscles

Day Two

- Rider assessment and postural evaluation; mounted and un-mounted
- Treatment approaches unique to riders
- Designing cross training programs for riders (Balimo Chair, Yoga, Pilates Functional Kinetic Chain)
- Analysis of horse and rider introduction. High speed video and live observation.

Day Three

- Continued assessment and treatment of rider posture and biomechanics.
- A day of interaction with horse and rider
- Course information formatted for presentation to riders, veterinarians and trainers
- Demonstrations, and hands on experience teaching, posture and movement re-training to improve performance.
- Use of high speed video analysis system

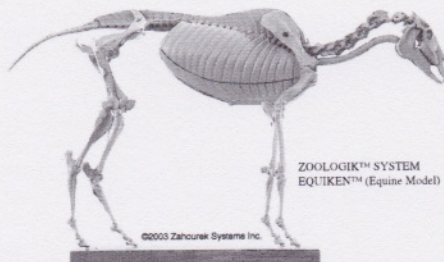
About The Faculty:

ARLENE WHITE, PT, M.ANIM ST. (physiotherapy)

Arlene is a 1998 graduate in Physical Therapy from Florida A & M University, and is certified in Equine Sports Massage through the FL College of Natural Health. She established HorsePower Equine Sports Therapeutics in 1998, and owns the Animal Rehab Institute Facility opened in 2000. Arlene completed her Masters Degree in Animal Physical Therapy at Queensland University, Australia in 2007. Her research with Dr. Clayton on proprioceptive stimulation of the equine distal limbs has been published in numerous Veterinary Journals around the world.

DR. SHANNON BUDISELIC, DVM, CERT, CVA (CAND.)

Dr. Shannon Budiselic obtained her DVM degree from the Western College of Veterinary Medicine (Saskatoon, Canada) in 2005. Upon finishing her degree, she completed an internship (Equine surgery, medicine, ambulatory) at the Okotoks Animal Clinic (Alberta, Canada). She obtained her post-graduate training as a Certified Equine Rehabilitation Therapist (CERT) through the Animal Rehabilitation Institute in Loxahatchee, Florida. Dr. Budiselic is qualifying as a veterinary acupuncturist with the International Veterinary Acupuncture Society (IVAS) and has successfully used all modalities of acutherapy in her veterinary practice. Dr. Budiselic owns Equilibrium Veterinary Rehabilitation & Consulting Ltd., a mobile, equine physical rehabilitation practice, and lives and works in Alberta, Canada.



General Education Seminars

Equine Anatomy In Clay 3 Day Workshop

Equine Massage Therapist Certification

9 day program
Includes Anatomy In Clay 3 Day Workshop

Introduction to Equine Meridian Therapy 2 Day Seminar

Advanced Equine Meridian Therapy 2 Day Seminar



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Credit Card <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/> _____	Sig Panel Code _____
Account Number _____	Expiration Date _____
Cardholder Name _____	Cardholder Sign _____

<input type="checkbox"/> Equine Anatomy In Clay \$795.00.....Date: _____
<input type="checkbox"/> Equine Massage Therapist Certification Includes Anatomy In Clay 3 day workshop \$2400.00.....Date: _____
<input type="checkbox"/> Introduction to Equine Meridian Therapy \$675.00.....Date: _____
<input type="checkbox"/> Advanced Equine Meridian Therapy \$675.00.....Date: _____

Equine Anatomy In Clay

\$795.00

No previous massage or bodywork experience is necessary, only a love for horses and the desire to learn.

Course Description: This 3-day workshop allows you to learn the musculoskeletal anatomy of the horse by building the horse's muscles from the inside out onto the Equiken™ model. Participants comprehend form and function while discovering the logic of anatomy and the relationship of structures. A great learning opportunity to help you visualize the musculoskeletal system of the horse. Build on your current knowledge or satisfy a desire to learn what makes your horse move. Half day classroom building Equiken™ models half day hands-on in the barn.

Learning Objectives:

1. Understand Anatomical Vocabulary Including Directional Terminology and Veterinary vs. Layman's Terminology
2. Master the Equine Skeletal System – Axial Skeleton & Appendicular Skeleton
3. Build the Muscle System onto the Equiken™
4. Describe and Palpate all Bony Landmarks on Live Subjects
5. Outline the Superficial Muscles of the Horse using Paint Sticks
6. Understand the Function of the Reciprocal Apparatus, and Passive Stay Apparatus.
7. Perform a Basic Conformation Assessment

Cost: includes the course manual, use of model & clay during course and handouts. Prerequisite: Students must review the veterinary vocabulary and terms, skeletal anatomy, and bony landmarks in the Study Guide provided with course registration.

See Enclosed Calendar
for Upcoming Schedules

Check our website for detailed syllabus:
www.AnimalRehabInstitute.com

Equine Massage Therapist Certification

\$2400.00

(includes Anatomy In Clay Workshop)

No previous massage or bodywork experience is necessary, only a love for horses.

Course Description: This comprehensive 9-day program provides participants with a fundamental understanding of the anatomy, muscle physiology, biomechanics, and the application of massage therapy to the equine patient. Students will be instructed on different massage therapy techniques and learn how to perform a fully body musculoskeletal assessment and massage. Half of each day is spent in our classroom, and the other half is spent performing hands-on body work with horses.

Our courses are taught by highly trained equine professionals; this is the only program instructed by a Physical Therapist who holds a Masters Degree in Animal Physiotherapy. Courses are limited in size to allow students individual one-on-one time with the instructor. Skills learned in this course will allow graduates to bring benefit to horses, their owners and their veterinarians. Upon completion of this program you will be awarded with a Certification in Equine Massage Therapy.

Learning Objectives:

1. Understanding of application and theory of Massage.
2. Identify specific structures: bones, muscles, ligaments, tendons, cartilages.
3. Review the relevant muscles and tendons of the horse on live subjects.
4. Demonstrate proper technique when applying massage therapy.
5. Demonstrate the ability to palpate the relevant structures on live subjects.
6. Describe the biomechanics of joint motion, muscle action, and common injuries in the equine.
7. Discuss structural and functional relationships.
8. Identify and palpate relevant musculoskeletal abnormalities.
9. Safety issues while performing equine massage therapy.
10. Recognize normal vs abnormal gait variables.
11. Understand indications and contraindications for equine massage.
12. Discuss the unique features of an Equine Massage Therapy Business.

Introduction To Equine Meridian Therapy

\$675.00

Offered to: Equine Massage Therapist/Body-Workers or equivalent qualification who have recently completed at least one comprehensive course in equine anatomy in order to identify landmarks and locations with confidence

Course Description This 2-day seminar is designed for students or graduates of an equine massage therapy or body worker program. Students should have recently completed at least one comprehensive course in equine anatomy in order to identify landmarks and locations with confidence. This course will introduce the basic concepts of Traditional Chinese Medicine (TCM). The theoretical and practical aspects of Equine Meridian Therapy, Five Element and Muscle System Theory of Meridian Therapy and Manual Treatment of Acupoints and Trigger Points along with incorporating them into the treatment of musculoskeletal cases will be emphasized with classroom lecture and hands-on demonstrations and discussions.

Advanced Equine Meridian Therapy

(participants must complete Introduction to Equine Meridian Therapy before attending this program)

\$675.00

Course Description – This 2 day seminar will further integrate advanced concepts of TCM with the basic principles of Equine Rehabilitation.

Topics Include:

- Point Categories (Master, Command, Sedation, Luo, Xi-Cleft, Hui, He Sea, etc.)
- Pattern Differentiation of Disharmony (Zang-Fu organs, Pathogenic Factors, Eight Principles, Six Channels, Four Stages, San Jiao Patterns, Pathogen Patterns)
- Pulse and Tongue Diagnosis
- Case Studies and Discussion

Application of these concepts to holistic equine wellness will be discussed as it relates to the practitioner's particular skill-set. Students are expected to present their Case Reports for classroom discussion and shall divide their course time between lectures and equine cases. Prior to the session an on-line review (notes, assisted learning materials, quizzes) of concepts from the Introductory Equine Meridian Therapy Seminar will be provided to students.

Equine Anatomy In Clay

\$795.00

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